

THE POWER OF PREVENTION

Nutrition and Movement - Your Heart and Soul

by

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California Area Indian Health Service Tribal Leader's
Consultation Meeting

Pala, CA March 22, 2007

Overview

- **Knowing what you know about healthy eating and exercise, why are you watching tv with your feet up eating chips and having a soda?**
- **Power of Prevention using Nutrition: 10 foods that can bring the magic of nutrition into your life**
- **Bringing healthy habits into your life, your heart, soul and spirit today**
- **Keeping healthy habits in your life always**

Health; Healing and The Power of Prevention: Questions to Ask

- Why do you eat?
- Share the healing power of foods that you have had in your life.
- Group sharing

Food is Energy

- Food fuels the body
- Food promotes growth
- Food helps the body to heal
- Food gives power to prevent diseases, to control diseases and to live full and vital lives

Food has Been Used through the ages for healing.

- **Traditional healers use foods; herbs, teas, homeopathic remedies for healing purposes**
- **Traditional healers may recommend limiting or abstinence from food for healing**
- **Traditional healers encourage eating certain foods for healing**
- **Traditional healers know and use the powerful healing energy of food**

Food has Natural Powers of Healing and Prevention

- **Hundreds and maybe thousands of natural chemicals are in foods that help prevent illness**
- **These are more than just vitamins and minerals**
- **Phytochemicals: the latest nutritional superstars.**

- **Many of the powerful healing chemicals in foods are the ones that give food their bright colors:**
 - turning blueberries blue
 - spinach green
 - carrots deep orange

- **For the best health: eat a rainbow of colors**



Ten Foods that have Strong “Magic” if Used Properly

■ Tomatoes

- Decrease prostate and other forms of cancer
- Contain lycopenes: powerful antioxidant
- Released by cooking tomatoes (found in catsup, soup and sauces)



■ Spinach

- Contains iron (decreases anemia)
- Contains folate (decreases birth defects and heart disease)
- Contains lutein and zeaxanthin, phytochemicals that help to prevent blindness

Ten Foods that have Strong “Magic” if Used Properly

■ Nuts:

- High in Fat, the “good” fats that lower triglycerides and cholesterol
- Trigger cancer cells to kill themselves
- Provides vitamin E which helps to prevent heart disease
- *Caution: contain lots of calories so eat in small amounts



■ Broccoli:

- Contain phytochemicals that many reduce breast, stomach and colon cancer
- Contains lots of vitamin C; fiber and beta-carotene



Ten Foods that have Strong “Magic” if Used Properly

■ Oats:

- Helps to lower cholesterol/may lower blood pressure
- Contain strong antioxidants
- Fill you up (helps with weight control)



■ Salmon:

- Contain omega-3 fatty acids that prevent plaque formation in the arteries and help to decrease cholesterol
- May help to decrease rheumatoid arthritis and lupus
- Wards off depression
- May help protect brain from aging diseases like Alzheimer's



Ten Foods that have Strong “Magic” if Used Properly

■ Garlic

- Help to protect the heart
- Helps to reduce cholesterol and may make the blood less sticky
- May also help block the parasites that cause malaria



■ Green Tea

- Loaded with lots of prevention power
- Lowers risk of stomach, esophageal and liver cancers
- Drinking 10 or more cups a day may help prevent heart disease





■ Blueberries

- contain more antioxidants than any other fruit or vegetable
- Protects from damage linked to heart disease
- Protects against cancer
- May boost brain

■ Red Wine

- contain antioxidants that boosts HDL “good” cholesterol - Decreases hardening of the arteries
- **CAUTION:** Alcohol increases damage to the pancreas, liver and all major organs that are also affected by diabetes

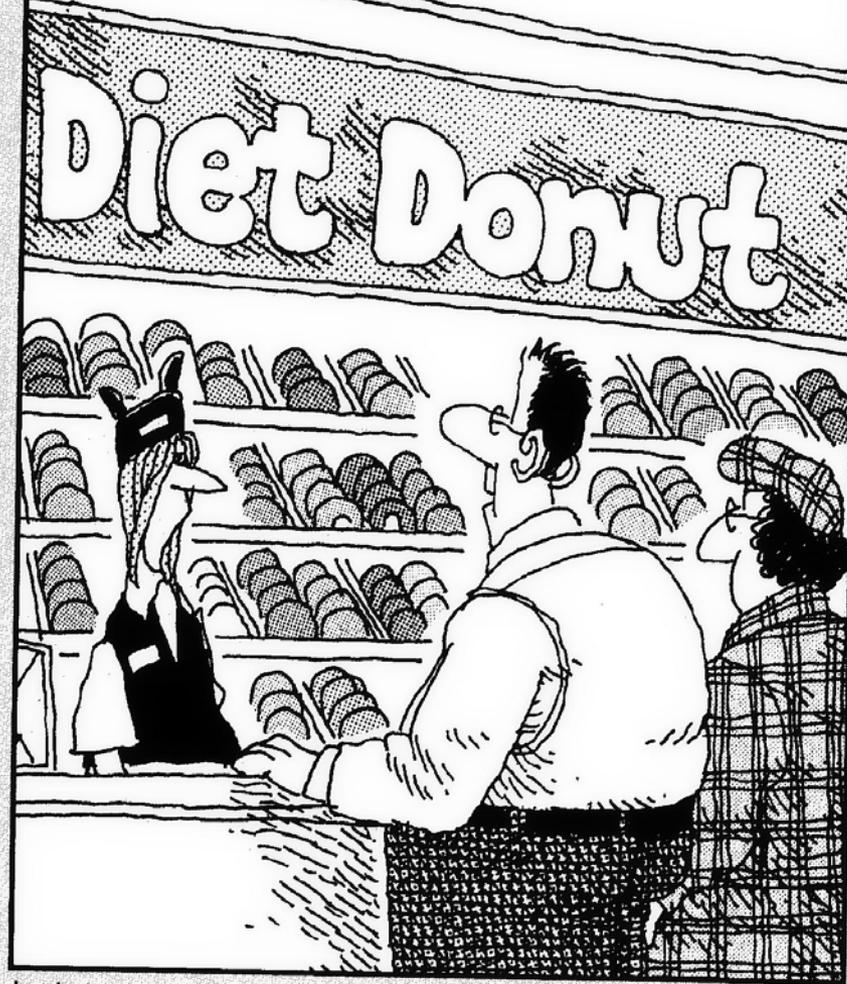
So how come you are not eating these foods if they are so wonderful for us?

Why is it so tough to turn down those Indian Tacos? Fried Foods? Grandma's favorite cookie recipe?

The 5th Wave

By Rich Tennant

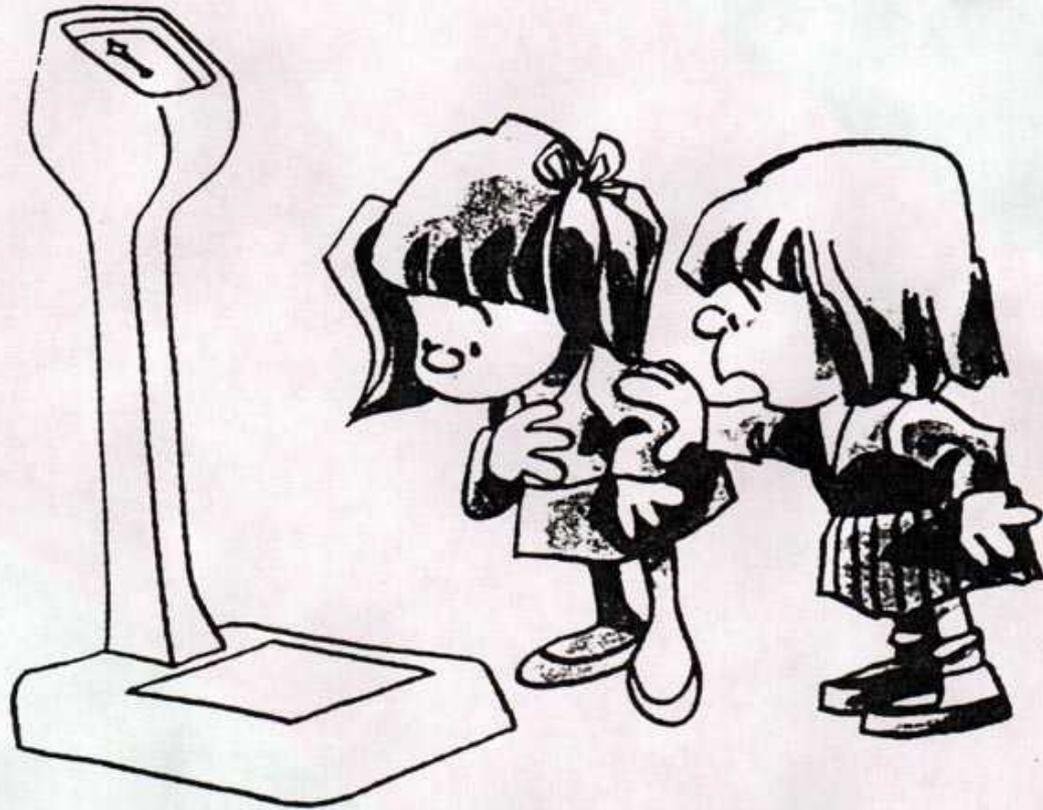
©RICH TENNANT



"I'll have 2 lettuce filled, 3 carrot glazed, 5 celery frosted,..."

Food Feeds the Soul and Nurtures the Heart

- Makes us happy when we are sad
- Fills us up when we are lonely
- Comes from love and nurtures our "Big" heart; our soul heart
- Is associated with love



"Don't step on it... it makes you cry."

MUTTS

I BLAME
THE HOLIDAYS.



McDOWELL

MUTTS © 2003 METRO-GOLDWYN-MAYER II DISTRIBUTED BY UFA FEATURES INC. SYDNEY

MUFFIN

20 Years Ago



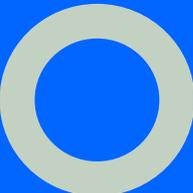
210 calories
1.5 ounces

Today



500 calories
4 ounces

Calorie Difference: 290 calories



Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out



How long will you have to vacuum in order to burn those extra 290 calories?*

*Based on 130-pound person





Calories In = Calories Out



If you vacuum for 1 hour and 30 minutes you will burn approximately 290 calories.*



*Based on 130-pound person





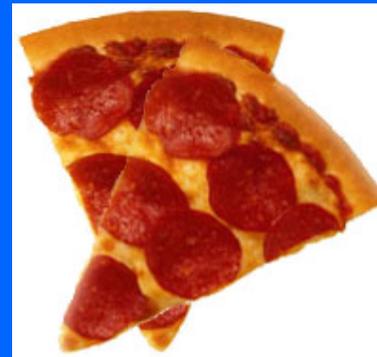
PEPPERONI PIZZA

20 Years Ago



500 calories

Today



850 calories

Calorie Difference: 350 calories



Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out



How long will you have to play golf (while walking and carrying your clubs) in order to burn those extra 350 calories?*



*Based on 160-pound person





Calories In = Calories Out



If you play golf (while walking and carrying your clubs) for 1 hour you will burn approximately 350 calories.*



*Based on 160-pound person





POPCORN

20 Years Ago

Today



270 calories
5 cups

630 calories
11 cups

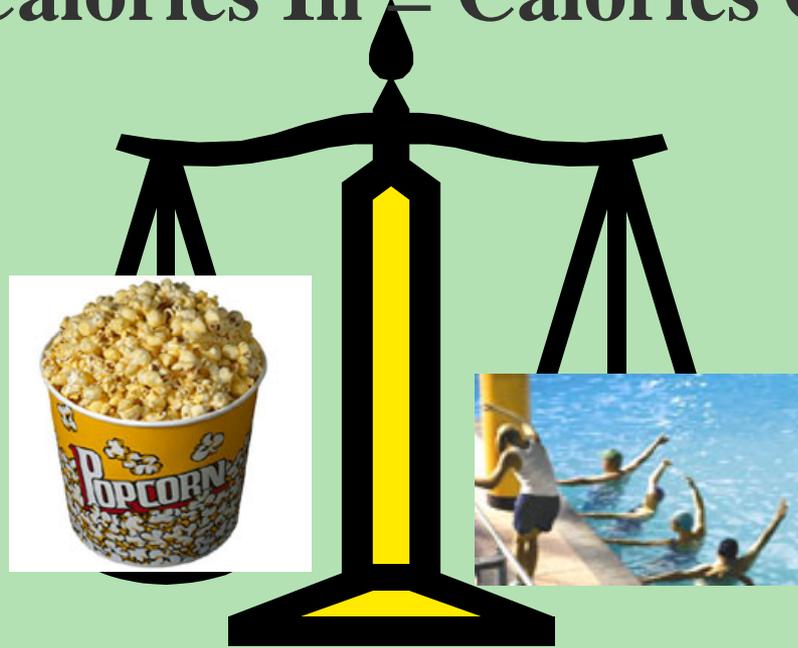
Calorie Difference: 360 calories



Portion Distortion II Interactive Quiz



Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out



How long will you have to do water aerobics
in order to burn the extra 360 calories?*



*Based on 160-pound person





Calories In = Calories Out



If you do water aerobics for 1 hour and 15 minutes you will burn approximately 360 calories.*



*Based on 160-pound person



Comfort Foods

- Produce a chemical in the brain (dopamine) that connect the food with the pleasure of reward
- Dopamine helps to hook us on many things from foods to shopping to gambling to alcohol to smoking to sex
- Is it possible to get hooked on 'healthier' habits? Like broccoli and carrots?



YES with Rewards for New Healthy Behavior

- Need to re-train your brain
- Takes repetition and lots of rewards

- Examples:



Successful Change Depends on Stress Management and Finding the Right Rewards

- Change creates stress, you need to manage the stress to manage the change.
- Rewards rewards and rewards

What do you mean by Rewards?

- Need to reward yourself for healthy behaviors so that they will repeat.
- Need to continue to reward that behavior over and over again, creating pleasure for the new habit
- HOW???

What are your personal rewards?

- Able to play with grandchildren without getting winded or stopping
- Gold stars on a calendar
- Smaller size clothing
- Feeling better and better daily
- The activity/food makes your heart "sing" with joy!

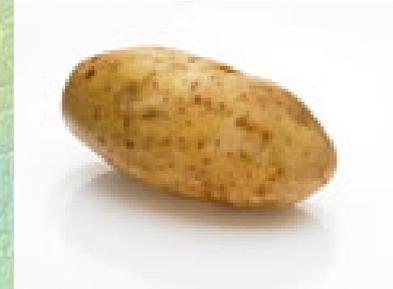
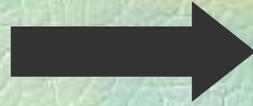
Repeat Daily!
You Can Do This!
You are worth it!!

- **Make change fun! Make it an adventure...**
- **Try new recipes with healthy foods**
- **Try new foods -**
- **Be open to new ways of eating and moving**

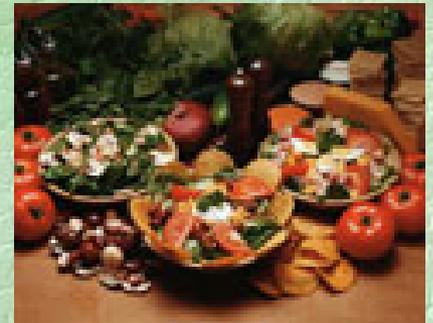
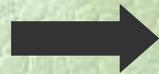
The Power of Prevention is Up to You

- What healthy foods bring you joy?
Put those foods into your life!
- What brings you joy in movement?
Find out and do it!
- You say “nothing...I hate it all”
Then ‘fake it until you make it’

How?



How?



How?



YOU are the key to The Power of Prevention!

- Honor your body with the foods you give to yourself
- Honor your body with the movement you give it



Life may not be the party we hoped for, but while we're here we may as well dance....



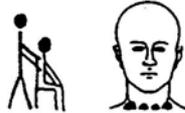
Thank You

- **Monica J. McCorkle, MS, RD, CDE
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mandibular joint, the point indicated where one yawns and the bones separate. Massage.

- #10. Gently stroke three times from the hairline of the brow across the forehead and down the cheeks past the mandibular joint.
- #11. Gently hold the cheeks with the palms. Cup the hand lightly around the jaws so the fingers point to the thyroid.

#1 Centering & #2 Throat



#3 Base of Neck & Brow



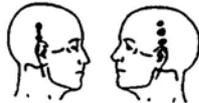
#4 Cupped at Base of Skull



#5 Cap Top of Head



#6 Brain Balance at Ears



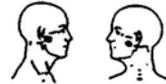
#7 Hair Line inside Eye Brows



#8 Hair Line Outside Eye Brows



#9. At Jaw Joint Both Sides



#10. Stroke Face Down



#11 Cup & Stroke the Chin



#12. Options:

End with light touch to the shoulder or kiss the forehead if appropriate.